

**Thursday**  
**6.00 – 6.45**

# **BODY SHOCK**



**Intensity level 7 - 9**



**Get to BODY SHOCK and you'll find yourself in another zone! Using steps, boxing, resistance bands, mats, body bars, and anything else Cat's in the mood for – you'll be JARRED into submission! The very best of body conditioning .. ON SPEED!**



**Also available as a multi  
combo class – have fun!**